

## PRESS AND ROLL MASSAGE VEST

### ABSTRACT

A sleeveless garment, namely a vest, in which the back of the garment and lining are sewn together in a manner that creates a series of horizontal compartments or channels, one above the other, from the bottom to the top of the garment. The garment size varies based upon the size of the user. The garment further contains pockets to store therapeutic massage tools during periods of non-use. The number of horizontal compartments or channels is based upon the size of the garment, etc, but are chosen to cover a majority of the user's backs. Therapeutic massage tools are placed in one or more of the horizontal compartments or channels from the inside of the back of the garment. Therapeutic massage tools may be placed in the horizontal compartments or channels that align with the location on the user's back where the user is experiencing pain or discomfort. Therapeutic massage tools may vary in type, size and consistency depending on the user's preference. The garment is then worn by the user with the horizontal compartments or channels to the back. The user then places his or her back against a firm surface with the therapeutic massage tools compressed between their back and the firm surface. The user then manipulates, rolls and moves the therapeutic massage tool by pressing against the firm surface and moving in various directions, up, down, right, left, and diagonally. In this manner, the user may massage desired areas providing specific, self-automated relief via the massaging effect of the massage therapy garment.